

## Gluten-free food trucks, cideries and breweries to visit on vacation

As the number of dedicated gluten-free bakeries, cafes and restaurants continues to grow, so do the number of food trucks, cideries and breweries. By our count, there are 16 dedicated gluten-free food trucks and 17 breweries and cideries in the United States, for a total of 33 establishments serving up inspired cuisine and tasty beverages worthy of a leisurely visit.

Schedule time to go on a tour of a gluten-free brewery or cidery to learn all about the production process, how cider gets its flavor (it isn't from

the fruit), where they source raw ingredients, how they come up with their flavors, and more. Take a seat in their tasting rooms to enjoy a flight of core and seasonal offerings. And some places offer a menu of lite bites or gourmet cuisine and desserts designed to pair with the cidery or brewery creations. Keep in mind that not all the menus feature dedicated gluten-free cuisine, but they have plenty of gluten-free options.



It takes a special breed of individual to run a food truck. Seriously! These culinary rock stars must like working in confined spaces and sweating their butts off to deliver gluten-free cuisine and a big ole' smile with every order. They create an experience where

it is normal to drool over the aromas wafting from within while standing in line with complete and oddly festive strangers. Struggling to eat and keep your clothing clean is par for the course. And there are never enough napkins.

If your travels take you to any of these 19 states, consider checking out their dedicated cideries, breweries and food trucks.

Happy and safe travels!

Cidery		Brewery	Food Trucks
Arizona			Mama Jim's Gluten Free Kitchen, Phoenix
California			The Bakery Truck, Los Angeles
Colorado		Holidaily Brewing Co., Golden	Quiero Arepas, Denver
Florida			Baja Boys Grill, Sarasota
Georgia	Treehorn Cider, Atlanta Urban Tree Cidery, Atlanta		Alkaline Junkie, Atlanta Fry Guy, Atlanta
Idaho	Longdrop Cider House, Boise		
Illinois	The Northman Cider Bar, Chicago		CheSa's Gluten Tootin' Free Food Truck
Kansas			Against the Grain LLC, Wichita
Maine			Heard Food Truck, Bath
Minnesota		Burning Brothers Brewing, St. Paul	Free Indeed Food, Minneapolis
New York	Finger Lakes Cider House, Interlaken		
North Carolina	Urban Orchard Cider Co., Asheville (2 locations)		
Oklahoma		New Era: Fine Fermentations, Tulsa	
Oregon		Ground Breaker Brewing & Gastropub, Portland Bierly Brewing, McMinnville Moonshrimp Brewing, Portland	Elegant Elephant Baking Co., Eugene GF Chef, Portland
Pennsylvania		Aurochs Brewing Co., Emsworth	Fox & Son Fancy Corn Dog (coming soon)
Texas	Bishop Cidercade, Dallas		
Virginia			GF Sugar Shack Donut Truck, Richmond
Washington		Ghostfish Brewing Company, Seattle	I Love My GFF, Seattle
Wisconsin	ALT Brewing, Madison		



## Speedy, satisfying breakfasts for busy mornings

Busy summer mornings can leave little time for preparing a home-cooked breakfast. But fear not, because we are sharing some new breakfast options that embody convenience at its finest. Not only are they ready in minutes, but also they contain enough whole grains and protein to get kids through the morning and keep them energized until lunch.

Take a bite out of breakfast with these creations.

Say hello to **Amy's Kitchen's** new Classic

Breakfast Burritos made with organic and vegan ingredients. Inspired by recipes from Amy's Drive Thru, the plant-based burrito stuffs a gluten-free tortilla full of spinach, mushrooms, red potatoes, tomatoes, tofu and housemade salsa. And there is organic vegan sour cream and vegan "cheese" in it, too. This breakfast burrito is a great source of protein and fiber, and in just minutes it goes from freezer to microwave to stomach.

Made with purity protocol oats, the new Fruit and Oat Breakfast Ovals from **Enjoy Life Foods** pair whole grains with traditional breakfast fruits and spices to create a wholesome, portable and craveable breakfast. Soft and tender, these nut-free and vegan ovals are available in Apple Cinnamon, Berry Medley,

Chocolate Chip Banana and Maple Fig. And it doesn't hurt that they taste just like cookies. Seriously. Just. Like. Cookies.

Thank you, **Mikey's**, for adding breakfast varieties

to your line of delicious hot pockets. Available in three flavor combinations—egg, cheese and ham; egg, cheese and bacon; and egg and cheese—they have all the taste and nutrition they need wrapped in a savory Paleo crust. Breakfast on the go is only a delicious snap away.



Cauliflower has made its way to breakfast with the introduction of **Purely Elizabeth's** new Cauli Hot Cereal. Made with a base of diced and freeze-dried cauliflower, it is prepared just like instant oatmeal and is ready in under two minutes. Available in Cinnamon Almond and Strawberry Hazelnut, a serving contains around 8 grams of protein, includes almond protein powder, and is sweetened with coconut sugar. Move over, oatmeal!

The new plant-based Fiesta and Breakfast burritos from **Udi's Gluten Free** combine their proprietary egg-style scramble with vegan beef crumbles or black beans, potatoes and cheddar-style shreds for a sweet or savory way to start the day. With just the right touch of Canadian maple syrup, the Breakfast burrito is sweet and savory. We love the heat of the jalapeno peppers, sautéed onion and poblano salsa in the Fiesta burrito. Just heat and eat on the way out.



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## Gluten-free menu do's and don'ts

### ADVICE TO ESTABLISHMENTS FOR CREATING A SAFE, NO-FUSS GLUTEN-FREE MENU

Whether it is by choice or for medical reasons, the number of people dining gluten free continues to grow. Those with a wheat allergy, celiac disease or non-celiac gluten sensitivity will be dining this way for life, so care should be taken to not only accommodate but also make these diners feel included and welcomed. When it comes to communicating your gluten-free options, there are two paths to consider: offering a separate gluten-free menu or "marking up" the regular menu.

I am a fan of creating a separate gluten-free menu for several reasons. A dedicated menu instills a level of confidence that no amount of lip-service can establish. This dedicated menu says "these are the gluten-free options we prepare consistently and safely, so order away." Having a dedicated menu allows the back of the house to get familiar by preparing these dishes following a set of established safe-handling procedures. It also speeds up the ordering process considerably, which is paramount in any restaurant.

Marking up a menu can lead to confusion during ordering. I have seen menus marked with "GFA" for gluten-free available and "MFG," meaning an item can be prepared gluten friendly with modification. Well, what does that mean? What changes are you making and/or what ingredients are being substituted? These designations are confusing and require further explanation, which slows down ordering.

Once you decide what type of gluten-free menu works for your business, you also need to know what information should be included on it. Here are my top tips for creating a separate gluten-free menu:

**» Only include items made by following safe-handling procedures:** Seasonal dishes or specials can be

addressed separately, but the core items on the menu should always be gluten free without any replacements necessary.

**» Provide item descriptions:** I can't tell you how many times I have run across a gluten-free menu that only lists dish names, omitting a thorough description of what is included with the dish. This omission forces customers to cross-reference the regular menu, which prolongs the decision-making process.

**» Include pricing:** Include pricing for each item so customers don't have to cross-reference the regular menu. And include upcharges for gluten-free bread, bun, pizza crust, pasta, etc.

**» Include the manufacturer of gluten-free substitute products:** If you are providing gluten-free buns for burgers, list the name of the manufacturer on the menu. People who avoid gluten often avoid other allergens like dairy and soy. If you list the name of the manufacturer, such as Udi's Gluten Free, that consumer now knows the buns are free of dairy, soy and nuts.

**» Include a disclaimer:** Unless you have a dedicated gluten-free kitchen, a disclaimer needs to inform the diner that their gluten-free meal is prepared in a shared kitchen and cross-contact with gluten-containing ingredients can occur.

**» Post the menu online:** Diners with food allergies/intolerance research a restaurant before deciding to head over for a meal. Why? Because they need to see what gluten-free options are available. Simplify the process by showing them what you can safely provide.

Here are some do's/don'ts for marking up the regular menu:

**» Don't use a wheat shaft to denote gluten-free items:** Using a

wheat shaft is like saying these dishes contain wheat, instead of saying these dishes are gluten free.

**» Do use a "gf" or "GF" symbol next to each qualifying dish:** These symbols are commonly used by many restaurants and help guide consumers through the menu quickly.

**» Don't include fried items unless they are prepared in a dedicated fryer:** Residue from the wheat-based products can attach to gluten-free ingredients cooked in a shared fryer, rendering them unsafe.

**» Do including ordering instructions if any part of the dish needs to be modified:** List ordering instructions in parentheses next to an item (e.g. "vegetables should be ordered without seasoning").

**» Do include upcharges:** If you are providing gluten-free bread, bun or pizza crust, then disclose the upcharge next to the item (e.g. "gluten-free hamburger bun \$1.50 extra").

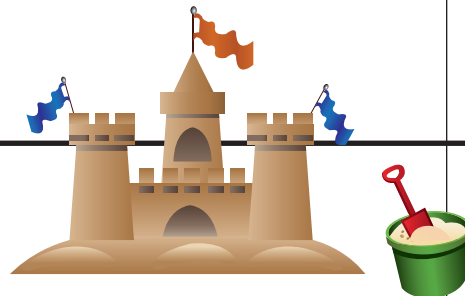
**» Don't be vague:** If an item can be modified to be gluten free, then tell the diner how this will occur. If the dish is normally served over pasta, indicate if it will come with gluten-free pasta, or if you are substituting another grain (e.g. "gluten-free pasta, or substitute rice").

**» Do include a disclaimer:** The disclaimer should inform the diner that their gluten-free meal is prepared in a shared kitchen and cross-contamination could occur despite following safe handling protocols.

Creating gluten-free menus by following a process that includes the needs of gluten-free diners will keep the ordering process seamless and ensure them that gluten-free orders are taken seriously and prepared safely.



# Summer snacks for busy kids



"Mom, I'm hungry" are the first words out of my daughter's mouth after a busy summer day of swimming, playing with friends, riding her bike and more. She normally heads right to the pantry, but if I have something hot waiting, she will devour it, no questions asked. The trick to filling up a teenager, I think, is to get it right the first time, or they will be right back at the refrigerator eating you out of house and home.

Here are some kid-approved, protein-filled snacks that only take minutes to prepare, taste fabulous, and will fill them up until it's dinner time.

**Brazi Bites** has expanded its line of Latin-inspired cheese bread to include empanadas in four flavors (chicken and cheese, beef and bean) with two vegetarian options (black bean and cheddar and chickpea veggie). Set out a plate of these savory treats wrapped in a light, flaky dough, and watch them disappear. Hopefully the 7 grams of

protein per serving will keep your kids full for a while. Add in some of the company's new cinnamon churros to end snack time on a sweet note.

Afternoons are a great time to chow down on ramen, and **Pamela's Products** has outdone itself with its spicy beef, savory chicken and very veggie selection of ramen. Such an effortless solution to satisfying teenage hunger; these meals in a cup are ready in just minutes with a flavor guaranteed to impress "difficult-to-please" beings.

Treat the teenagers with a trip to Switzerland (without the jet lag) by serving **Swiss Rosti's** stuffed potato snacks. Savory fillings are enrobed in a blend of potatoes, sweet potatoes and root vegetables and bake up crispy on the outside and tender on the inside. Each bite is filled with veggies, but your kids will be too busy licking the cheesy goodness off their fingers to notice. Choose from swiss raclette, chili cheese, baked potato,

fig and goat cheese, and curry lentil. New flavors bacon jalapeno poppers, all American (bacon cheeseburger) and croque monsieur (black forest ham with gruyere cheese) are launching soon!

The globally inspired **Tribali Foods** mini sliders and patties made with whole ingredients create a satisfying snack, even for teenagers. Using only grass-fed, humanely raised, free-range, wild-caught, and antibiotic- and hormone-free meats combined with fresh herbs, spices and vegetables, they offer a full-flavored protein-packed snack. The pork and sage and chicken and apple mini patties are most popular; followed closely by the Mediterranean-style beef, chipotle chicken and umami beef patties. Serve a variety with a side of hummus (or your children's favorite sauce) for dipping, and they won't miss a carb-laden bun.

## GATHER AROUND THE BBQ AND LOAD 'EM UP!



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